



 **24%**
HEALTH SCORE

Asian Chicken Noodle Soup

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 chicken breast boneless skinless
- 14.5 ounce chicken broth canned
- 2 eggs
- 2 spring onion chopped
- 4 ounces soup noodles dry chinese
- 6 mushroom caps sliced

Equipment

- bowl

sauce pan

pot

Directions

Bring a large pot of water to a boil. Stir noodles into boiling water and cook until al dente, 8 to 10 minutes. (For a chewier texture, shock the noodles by pouring 1 cup cold water into the pot when it starts to foam, then letting it come to a boil again to finish cooking.)

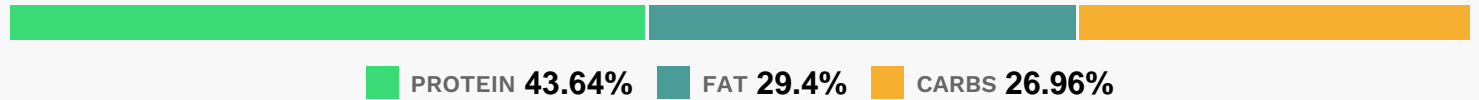
Drain and divide into two serving bowls.

Meanwhile, bring chicken broth to boil in a medium saucepan with mushrooms and green onions.

Cut chicken into bite-sized pieces and stir into boiling broth. When broth returns to a boil, crack eggs into broth. Continue to cook until chicken is no longer pink and eggs are cooked, about 10 minutes.

Pour the chicken soup over the noodles in the bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:17.78, Inflammation Score:-7, Nutrition Score:29.316956395688%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 736.04kcal (36.8%), Fat: 23.38g (35.97%), Saturated Fat: 6.48g (40.52%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 45.06g (16.39%), Sugar: 2.96g (3.28%), Cholesterol: 302.61mg (100.87%), Sodium: 1127.8mg (49.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.09g (156.19%), Selenium: 107.71µg (153.87%), Phosphorus: 678.88mg (67.89%), Vitamin B3: 13.51mg (67.57%), Vitamin B6: 1.1mg (54.97%), Zinc: 7.31mg (48.75%), Vitamin B12: 2.56µg (42.67%), Vitamin B2: 0.6mg (35.17%), Manganese: 0.66mg (32.83%), Vitamin K: 29.87µg (28.45%), Iron: 4.74mg (26.32%), Magnesium: 99.87mg (24.97%), Potassium: 871.48mg (24.9%), Vitamin B5: 2.36mg (23.63%), Copper: 0.38mg (19.16%), Vitamin A: 737.99IU (14.76%), Fiber: 3.18g (12.71%), Folate: 50.4µg (12.6%), Vitamin E: 1.36mg (9.04%), Vitamin D: 1.31µg (8.73%), Vitamin B1: 0.12mg (7.85%), Calcium: 77.63mg (7.76%), Vitamin C: 2.93mg (3.56%)